

Simple Ways to Take Care of What Is Really Important (Adapted from Richard Carlson's
Don't Sweat the Small Stuff with Your Family)



- *Set a positive emotional climate.*
- *Give yourself an extra ten minutes.*
- *Learn from kids as they live in the moment.*
- *Forgive your outbursts.*
- *Listen to Her (to Him).*
- *Make peace with bickering, it is part of the package of parenting.*
- *Don't answer the phone.*
- *Think of taking care of your home like painting the bridge...a process.*
- *Keep your promises.*
- *Encourage boredom in your children...don't feed the idea of constant activity.*
- *Allow white space on your calendar.*
- *Ask yourself, "What messages am I really sending to my children?"*
- *Expect it to spill.*
- *Make light of being overwhelmed.*
- *Never miss a chance to say, "I love you."*
- *Develop your own reset buttons.*
- *Keep good company.*
- *Don't put yourself down.*
- *Set a good example.*
- *Fill your home with evidence of love.*
- *Let "Them" (can be anyone) win an argument for a change.*
- *Keep a sane pace.*

- *Let go of your expectations.*
- *Separate work from everything else.*
- *Work on absolute acceptance of those you love most.*
- *Acknowledge the unique hardships of your family.*
- *Remember actions speak louder than words.*
- *Become less easily bothered.*
- *Schedule time for kindness.*
- *Have family meetings.*
- *Remember to show your appreciation.*
- *Put things in perspective.*
- *Take it as it comes.*
- *Attend to feelings first.*
- *Imagine that someone else is in the room watching you.*
- *Stop repeating the same mistakes.*
- *Recognize when someone doesn't have an eye for something.*
- *Think in terms of: my child, my teacher.*
- *Look for incremental improvement.*
- *Remind yourself frequently what children really want.*
- *Speak softly.*
- *Stay playful.*
- *Think of something you did right today.*
- *Remember, it's the little things that will be remembered most.*
- *Be an example of peace.*
- *Embrace change.*
- *Remember, this too shall pass.*
- *Treat your family members as if this were the last time you were going to see them.*